

EKM coming to CFAS

JO1(SW) Ron Inman
CFAS Public Affairs

Imagine an integrated office environment where you and everyone you work with can access needed information on a variety of topics at once. You could view taskings from your supervisor, access the information easily, then post it for others to see, all in one easy-to-access location. While doing all of the above, you can quickly check when that important meeting will occur, the due date of your evaluation and when you're supposed to attend that volunteer car wash.

This dream has become a reality with Enterprise Knowledge Management (EKM), a tool first developed in 1997 by a team tasked with finding a collaborative software solution to allow individuals, teams and organizations a secure means of sharing information regardless of geographic location.

EKM is a web-based suite of powerful software applications devoted to strengthening teams and streamlining work flow by placing secure, immediate access to essential information.

"EKM is designed to help everyone with their day-to-day responsibilities," said Mark Hobart, Far East EKM manager. Hobart spent two years with Pacific Fleet commands implementing new and more efficient administrative, business and operational processes using the system.

"We take communication with our counterparts for granted," Hobart said. "EKM is designed to make that communication more efficient and valuable. It is the 'glue' that holds your various projects together so you don't have to hunt for the information scattered around multiple sources. It provides a unique combined view of all your project information, rather than you clicking on disparate folders or web pages, then having to overlay the

information in your mind – the combination of project information is the true uniqueness of EKM."

Fleet Activities Sasebo's (CFAS's) Administrative Officer, Lt. Oliver C. Minimo, is the driving force behind efforts to bring EKM to CFAS. According to Minimo, the first step in bringing EKM to CFAS is having commands sign up for EKM accounts.

"I'd like all commands at CFAS to get aboard with an EKM account, so in the future we can use EKM on everything from request chits to guest visitation requests," said Minimo. "As soon as all commands are engaged, I can set a date for Mr. Hobart to provide training for everyone."

So how does EKM benefit CFAS? Minimo cites CFAS' Alcohol Permission Request, which is online, as a prime example.

"In the past, the request had to be hand carried for processing," he said. "From the Chief submitting the request to the Yeomen in the Admin office, then to the Admin Chief, myself, and then the Chief Staff Officer for approval – and then back. The process usually took about five days. Now, with EKM, the process takes about three hours." To acquire an EKM account, visit their website at <<https://extra.cnrsw.navy.mil/ekm2/asp/portal/index.asp>> and self-register.

"The user's account is usually approved within hours," Hobart said.

"EKM adds tremendous value to everyday work flow and the management of information when implemented with a plan," he said. "EKM is now an integral part of how Commander Naval Forces Japan conducts much of its internal administrative processes. As long as funding is available and approved, EKM training is just a phone call away."

For more information regarding EKM, commands may contact Mark Hobart, Far East EKM manager, at 243-7906.



Up from the deep...

An Explosive Ordnance Disposal (EOD) diver signals that he is "OK" and ready to be picked up concluding a scuba diving demonstration conducted for the kids of Camp Yujyo. Camp Yujyo, Japanese for friendship, is a summertime camp for military dependant children run by Sasebo's Morale Welfare & Recreation (MWR) department. (Official U.S. Navy Photo by PH2 (AW) Jonathan R. Kulp)

CNFJ launches Japanese language Website

CNFJ Public Affairs

Commander U.S. Naval Forces Japan launched a new Japanese-language web site, July 6th. An initiative designed to share news and information about the Navy in Japan with the Japanese public.

The new site, which can be found at www.kanji.cnfj.navy.mil, contains news articles, announcements, press releases and biographies of key CNFJ leaders.

The site also features links to each of CNFJ's five installations in Japan.

"We're very pleased to be able to offer this information resource to the Japanese public," said Cmdr. John Wallach, CNFJ Public Affairs Officer. "Communication is the key to any relationship, and we truly value the strong relationship we enjoy with our host nation," he added.

CNFJ began development of the new site in March from the ground up. The news-based format was chosen to keep the site fresh and to encourage readers to visit the site frequently.

"We briefly considered a straight translation of our existing English web site, but dismissed that idea in favor of providing a more useful product for our Japanese audience," Wallach said. "The new site has been developed exclusively for our Japanese information customers."

For more information, please contact the U.S. Naval Forces Japan Public Affairs Office at (046) 822-7579, or DSN 243-7615.



Home page of the Commander Naval Forces Japan Kanji Website. (Released by CFAS Public Affairs)

Sasebo Weather

Saturday	Sunday	Monday
Scattered Showers	Scattered Showers	Mostly Cloudy
High: 83° F	High: 83° F	High: 84° F
Low: 80° F	Low: 80° F	Low: 80° F

Days since last DUI/DWI (as of July 15)

4

INSIDE

Clinical psychologist...
behavioral health care arrives in Sasebo.
...page 3

CAPT. MICHAEL L. JAMES
COMMANDER
FLEET ACTIVITIES SASEBO
252-3444

CMDR. BERNARD P. WANG
CHIEF STAFF OFFICER
FLEET ACTIVITIES SASEBO
252-3444

MR. CHARLES T. HOWARD
CFAS PUBLIC AFFAIRS OFFICER
252-3029
c00b@cfas.navy.mil

JO1(SW) RON INMAN
EDITOR, SASEBO SOUNDINGS
252-3485
ronald.inman@cfas.navy.mil

JOSA JEFF JOHNSTONE
STAFF WRITER/EDITORIAL ASSISTANT
252-3409

ISAIAH MINCKS
ALEC CULPEPPER
SASEBO SPORTS

NAOMI SULLIVAN
ASSISTANT EDITOR/COPY EDITOR

MELISSA DUQUE
COPY EDITOR

VOLUNTEERS AND STRINGERS
BILL DOUGHTY – MEDICAL
PHIL EAKINS – COLUMNIST
JERRY HAVENS – FFSC
LT. RON OKIALDA – MEDICAL
LARA SANERS-VANNOY – TRICARE

CTF 76 PUBLIC AFFAIRS

LT. ED SISK
JO3 JAMES KIMBER
252-2810

FLEET IMAGING
PH1 (SW) MARVIN HARRIS
PH2 (AW) JONATHON R. KULP
PH3 IAN W. ANDERSON
252-3559

MWR MARKETING

ALLISON FOO
FRANK A. DeSILVA
JEN MARTIN
252-3930

SPECIAL THANKS TO:

AMERICAN FORCES NETWORK–SASEBO
BRANCH DENTAL CLINIC–SASEBO
BRANCH MEDICAL CLINIC-SASEBO
CFAS RELIGIOUS MINISTRIES
CFAS SAFETY DEPARTMENT
FLEET AND FAMILY SUPPORT CENTER
DoDDS

NAVY EXCHANGE–SASEBO
USS ESSEX (LHD 2)
USS HARPERS FERRY (LSD 49)
USS FORT MCHENRY (LSD 43)
USS JUNEAU (LPD 10)
USS GUARDIAN (MCM 5)
USS PATRIOT (MCM 7)
USS SAFEGUARD (ARS 50)

The Sasebo Soundings is a weekly publication of Fleet Activities, Sasebo, Japan. It is published according to the rules and regulations for station newspapers and under the direction of the Public Affairs Officer.

Opinions expressed herein are not necessarily those of the command, the Department of the Navy or the Department of Defense.

The appearance of advertising in this newspaper does not constitute endorsement by the Department of the Navy or CFAS or the publisher of the products and services advertised.

This paper is funded by appropriated funds. The distribution of 2,000 copies is printed by Minato Printing Co., Ltd., Sasebo City, Japan.

All items for submission must be brought into the Sasebo Soundings office in PW 80 or sent by guardmail or MPS, or emailed to soundings@cfas.navy.mil. The Public Affairs Office, as permitted by the Commanding Officer, reserves the right to edit, omit or change any part of the submission to fit the style of the paper.

Deadline for regular submission is Tuesday at 5 p.m. For more information, call 252-3409 or 252-3485. Address all correspondence to:

Sasebo Soundings
PSC 476 Box 93
FPO AP 96322-1100

AFN offers chance to voice your opinion

JOCS (SW/AW) R.L. Dutcher
OIC AFN News Det-14

When was the last time your local stateside television or radio station gave you the chance to have a direct impact on programming? Now you can. By filling out the Armed Forces Radio and Television Service’s survey, you can voice your opinion on programming and services and influence future programming both at the local station and on the worldwide American Forces Network.

The survey takes just a few minutes. Your station will better understand what you want to hear and see, as well as be able to provide updated statistics on demographics

in Sasebo. This information helps us to understand our audience and tailor our programming to meet your needs.

trends in audience interests. Surveys done by individual affiliates provide valuable information used to make decisions on future broadcasting services.

Audience feedback has brought about major changes in AFRTS through the years, with the addition of new channels, more convenient air times, and wider coverage of

special events in Sasebo. Please take the time to fill out the survey below and allow your voice to be heard.



The AFRTS headquarters, along with the media center headquarters for each of the military branches, continuously monitors

Demographic Data (circle one)

Paygrade

E1-E3	E4	E5	E6	E7-E9
CWO1-CWO5	01-03	04-06	GS-	
M1-5	GS-GM6-10	GS-GM11-15		

Other

Race

White	Black	Hispanic	Asian/Pacific
Islander	Other		

Gender

Male	Female
------	--------

Age

18-24	25-29	30-34	35-39	40+
-------	-------	-------	-------	-----

Branch

USN	USMC	USAF	USA	DoD
Civ	Other			

Educational Level

Some High School	High School	
Graduate	SomeCollege	College
Graduate	Some Graduate work	
Graduate Degree		

1	2	3	4	5
Jim Rome Sports Talk				

1	2	3	4	5
Rush Limbaugh				

1	2	3	4	5
Tom Joyner Show				

1	2	3	4	5
NPR All Things Considered				

1	2	3	4	5
51 Percent				

1	2	3	4	5
Car Talk				

1	2	3	4	5
Rick Dees American Top 40				

1	2	3	4	5
Nuestra Musica				

1	2	3	4	5
Latino USA				

1	2	3	4	5
Religious Programming				

1	2	3	4	5
The Health Show				

1	2	3	4	5
It's Only a Game				

1	2	3	4	5
American Country Countdown				

1	2	3	4	5
NPR Jazz Profiles				

1	2	3	4	5
Z Rock Top 50				

1	2	3	4	5

Television Survey

How many hours do you spend watching AFRTS television per day?

Less than one hour	1-2 hours	
3-4 hours	5-6 hours	Over 6 hours

2. What time of day do you most often watch AFRTS television?

a. On a typical weekday:

AFN Atlantic/Pacific

0600-0900	0900-1200	1200-1500	1500-1800
1800-2000	2000-2200	2200-2400	0000-0600

I don’t watch AFN Atlanite/Pacific on weekdays

News

0600-0900	0900-1200	1200-1500	1500-1800
1800-2000	2000-2200	2200-2400	0000-0600

I don’t watch AFN News on weekdays

Sports

0600-0900	0900-1200	1200-1500	1200-1800
1800-2000	2000-2200	2200-2400	0000-0600

I don’t watch AFN Sports on weekdays

Spectrum

0600-0900	0900-1200	1200-1500	1200-1800
1800-2000	2000-2200	2200-2400	0000-0600

I don’t watch AFN Spectrum on weekdays

b. During the weekend

AFN Atlantic/Pacific

0600-0900	0900-1200	1200-1500	1200-1800
1800-2000	2000-2200	2200-2400	0000-0600

I don’t watch AFN Atlanite/Pacific on

weekends

News

0600-0900	0900-1200	1200-1500	1500-1800
1800-2000	2000-2200	2200-2400	0000-0600

I don’t watch AFN News on weekends

Sports

0600-0900	0900-1200	1200-1500	1200-1800
1800-2000	2000-2200	2200-2400	0000-0600

I don’t watch AFN Sports on weekends

Spectrum

0600-0900	0900-1200	1200-1500	1200-1800
1800-2000	2000-2200	2200-2400	0000-0600

I don’t watch Spectrum on weekends

3. Rate your interest in what you would like to see in Sasebo’s Nightly News.

Base news

1	2	3	4	5
Recreational event promotions				

1	2	3	4	5
Local Japanese News				

1	2	3	4	5
Weather/Yen Rate				

1	2	3	4	5
Sports				

1	2	3	4	5
Theater times				

1	2	3	4	5

4. Where do you get most of your local news?

Television	Radio	Other
------------	-------	-------

Comments:

Please return the survey to AFN Detachment Sasebo by 31 July. Just drop it off at AFN or place it in Guard Mail, or mail it to AFN at PSC 476 Box 8, FPO AP 96322.

Thank you for taking the time and effort to fill out the form as fully and completely as possible. Your answers, and those of the entire Sasebo community, will be used to make programming decisions affecting the Armed Forces Radio and Television Service’s television channels and radio station serving the Sasebo area.

Clinical psychologist brings behavioral health care to Sasebo

JO1(SW) Ron Inman
CFAS Public Affairs

The American Heritage Dictionary, Second College Edition, defines behavior as “the actions or reactions of persons or things under specified circumstances.”

In today’s fast paced society, people react to life’s circumstances in a variety of ways – some better than others. When people can’t cope with the demands of life and its stresses, their inability to do so may manifest itself in adverse behavioral changes – and by that point, it may be too late for treatment.

Fortunately for Fleet Activities Sasebo (CFAS), its tenant commands and all homported ships, help has arrived.

Lt. Randy Reese, a clinical psychologist, arrived in Sasebo July 10. Reese transferred from the National Naval Dental Center in Bethesda, Md., where he was assigned to the Naval Postgraduate Dental School.

There, he taught applied dental psychology and provided behavioral care for dental patients experiencing chronic pain from temporomandibular joint disorder.

Prior to that assignment, Reese completed a one-year psychology internship at the National Naval Medical Center in Bethesda, Md., and earned his PhD. in clinical psychology from the Pacific Graduate School of Psychology.

This is Reese’s first tour in Japan, but not his first experience with it. As a student at Brigham Young University, he earned his Bachelor’s degree in psychology and Japanese. “I can get around,” he explained, “but I don’t read and write very well anymore. I plan to continue studying Japanese.”

“My job is to support the command’s mission from a behavioral health perspective and do whatever I can to promote force readiness,” said Reese, a 4-year Navy veteran.

Specifically, Reese offers assistance to servicemembers on behavioral health issues, including anxiety, depression,



The Branch Medical clinical psychologist, arrived in Sasebo July 10. He says he will “support the command’s mission from a behavioral health perspective and do whatever I can to promote force readiness.”(Official U.S. Navy photo by JO1(SW) Ron Inman)

stress, anger management and marriage. “I hope to be able to do more work with prevention,” Reese emphasized. “Being the only psychologist here, it seems like a better way to use my resources than putting out fires.” At the command level, Reese plans to promote prevention

by contacting command leadership and conducting training with servicemembers to help them be at their peak behavioral health.

He also expects to work with command substance abuse counselors if needed, and can conduct command assessments if there is any question of mental health interfering with a servicemember’s ability to do their job.

Having just arrived, Reese said he needs to assess the needs of the command before developing behavioral health programs. He is aware that the Fleet and Family Service Center (FFSC) provides some of the same counseling services he offers.

“At my previous command, psychologists provided many of the counseling services the FFSC conducts,” Reese explained. “I have to find out what unique services they offer, compare them with my own and see how we can complement each other.”

Reese quickly dismissed the negative associations sometimes attached to clinical psychology and behavioral health.

“I think some people may be reluctant to use my services because of stigma, but it’s been my experience that commanding officers (COs) are interested in their people being in top shape. It’s not a detriment to their evaluation – usually the CO is more interested in having their people perform at their peak rather than limiting their duties based on behavioral health issues,” he added.

Reese is still working out patient referral procedures, but plans to begin offering his services the week of July 19.

Volunteer of the Month for June



A CFAS community member is presented with Volunteer of the Month for June, July 15.(Photo by Naomi Sullivan.)

Dan Carey a Moral Welfare and Recreation (MWR) program manager, was recognized July 15 as the June Volunteer of the Month. Lt. William Onuh presented the award in the Japan America Reception room in Headquarters Bldg. 80.

Carey stands out in Sasebo for his many hours of volunteer service, leadership and dedication to the community. Carey was recognized for his involvement with youth in particular. Carey provides free tutoring for students at E.J. King High School four to five days a week, spending several hours with each session. Many of the students that Carey has supported have gone from failing status to becoming honor roll students.

Carey also resurrected the Scouting program, coaches flag football, basketball, soccer and baseball.

“I’ve been here eight and a half years, this is what I call home. I appreciate the support from the people I work with. It keeps me occupied,” said Carey.

JMSDF & U.S. NAVY presents

BON DANCE

FESTIVAL

盆踊り大会

TIME
時間

SCHEDULE
プログラム

REMARKS
備考

5 p.m.
午後 5 時

Opening. Introduction of events.
開演。イベント紹介

By MC
司会者

5:10 p.m.
5 時 1 0 分

Bon Dance
盆踊り

Dance & music
炭鉦節
みなと佐世保

5:40 p.m.
5 時 4 0 分

Watermelon eating competition
Door Prize drawing
スイカ早食い
ドアプライズ (1 回目)

CPO Association of
JMSDF SRF
佐世保造修補給所
海曹会

6 p.m.
6 時

Music
音楽

JMSDF Band
佐世保音楽隊

6:20 p.m.
6 時 2 0 分

Dragon Dance
蛇踊り

JMSDF Recruit
Training Center
佐世保教育隊

6:40 p.m.
6 時 4 0 分

Bon Dance
盆踊り

Dance & music
炭鉦節
ズンバ節

7 p.m.
7 時

Remarks from COs of JMSDF SRF
and CFAS
造修補給所所長、米海軍司令官挨拶

7:10 p.m.
7 時 1 0 分

Bon Dance
盆踊り

Dance & music
よさこい鳴子
炭鉦節

7:28 p.m.
7 時 2 8 分

National anthems of Japan and the
U.S.A. (Sunset. Retire the colors)
日米国歌演奏 (日没、国旗降下)

JMSDF Band
佐世保音楽隊

7:30 p.m.
7 時 3 0 分

YUKATA Show
Soda drinking competition
Door Prize drawing
ゆかたショー
ラムネ早飲み
ドアプライズ (2 回目)

CPO Association of
JMSDF SRF
佐世保造修補給所
海曹会

8:10 p.m.
8 時 1 0 分

Singing and dancing by the U.S. Navy
米海軍出し物 (歌、ダンスなど)

U.S. Navy
米海軍

8:30 p.m.
8 時 3 0 分

Final Bon Dance
盆踊り (フィナーレ)

Dance & music
炭鉦節
ズンバ節

9 p.m.
9 時

Closing remarks.
閉会

By MC
司会者

• FOOD
• MUSIC
• TRADITIONAL
DANCES
• DOOR
PRIZES
• AND MORE

FRIDAY, JULY 23
5 P.M.
NIMITZ PARK

Enjoy the summer - but please keep it clean

Cmdr. Ron Dodge

OIC Branch Medical Clinic, Sasebo

We need to be good neighbors!

Shipmates and friends, I was approached this past weekend by Mr. Matsumoto, the Sasebo City council

member for the area of Sasebo that includes Shirahama Beach.

As the beach area was just opened for the summer season this past week, he unfortunately had to share some very disturbing and frankly disgusting pictures of the large volume of 'trash' that had been left on the beach over the preceeding (4th of July) weekend.



A large amount of garbage was left on Shirahama Beach July 4th weekend. Cmdr. Ron Dodge, Officer in Charge of Branch Medical Clinic, Sasebo encourages servicemembers and their families to enjoy themselves at the beach, but to be good neighbors and clean up after themselves. (Photo by Mr. Matsumoto.)

Since it was quite obvious (from the numerous 'American' brand beer cans, liquor bottles, and Navy Exchange bags) that a significant percentage of this garbage had probably been left there by U.S. personnel, I could only profusely apologize for this totally unacceptable behavior.

I need everyone's help to make sure that this situation is not

repeated. To start with, let me help you understand the rules that apply to this great recreational area:

1) This is a national park, and as such, no fires are allowed. Although the numerous signs posted around the area say, "No open fires," this also includes no barbecues!

2) There are also numerous signs that say, "Please take your trash home with you." This is self-explanatory - leave with what you brought.

3) No pets.

Now for the positives:

Ample parking is available, but please park in the roped-off areas of the parking lot - not along the road. This is a very nice beach area, with the swimming area enclosed by nets to try and keep the jelly fish out.

The modest entrance fee, 400 yen for adults and 250 yen for elementary school age children entitles you to also use the male/female locker rooms and showers. Straw mats are available for rental and use in the covered areas on a first-come, first served-basis.

There is also an adjacent camping area for overnight use. Permits/requests are available at Sasebo City Hall.

So, please enjoy some summertime fun at the beach, but please be a good neighbor and leave it clean! If your command is looking for a community service project, please consider donating some time to helping our host country keep its National Park clean for everyone's enjoyment (particularly after Friday and Saturday nights, when the problem seems to be at its worst!).

Summer safety: Don't leave children, pets in vehicles

Charles Carr

CFAS Safety Department

This is a true story. Do not leave your children or pets in a closed up vehicle during hot weather.

According to Detroit police, a woman whose two small children died in her car while she was getting her hair styled has been taken into custody, police said.

"There's no excuse for it. This woman's a criminal. I'm going for murder one," said Chief of Police Joseph E. Thomas. The woman confessed that she left her 10-month-

old daughter and 3-year-old son in her 1995 black Dodge Neon for more than three hours Friday afternoon, Thomas said. Tara Maynor, 25, was a regular at Utopia Salon, where she had an appointment Friday to have her hair curled, said the shop owner, Bruce Moore.

Around 11 p.m. Friday, officers responded to the local hospital on a report that the bodies of the two children had been brought in by their mother.

The girl, Acacia Darcell Maynor, and her older brother, Adonnis Dominique Maynor, were pronounced dead at the hospital, police said.

The mother told investigators she had been abducted from the parking lot of the salon, raped, and then returned to her car, in the parking lot. There, she said, she found her children still inside the car, according to Thomas.

But late Friday night, she confessed that she had left the children unattended in the car for more than three hours during the afternoon, while she was having her hair done, Thomas said. "The temperature was in the mid 80s," he said. "It had to be between 115 and 120 degrees in that car."

After the mother discovered her children

were dead, she drove around for about an hour, "trying to conjure up an excuse for her actions," Thomas said. Only after formulating the rape story did she take the children to a hospital, Thomas said.

The woman is being held in jail "pending further review by the prosecutor's office, which will probably come early next week," said Det. John Harris.

NMCRS offers variety of programs

Jessica Grant

NMCRS Director

Your car breaks down, you get bad news from the states, or your dollar just is not going far enough. These things happen to the best of us and Navy-Marine Corp Relief Society is here to help.

Navy-Marine Corp Relief Society is a charitable non-profit organization that provides financial, educational, and other valuable services for service members and their families.

We provide service members and their families confidential help in their time of need, through budget counseling and interest-free loans. NMCRS offers so much more than just emergency assistance. Spouses wishing to further their education can apply for our Student Tuition Assistance Program (STAP). Those who qualify for STAP will receive a grant for 50 percent of

their tuition. STAP appointments for TERM I are July 26-August 11, 2004.

For expectant parents we have Budget for Baby. Service members and spouses can complete a Budget for Baby Session and receive a free Gerber layette worth \$100 and two handmade knitted blankets. We also provide free budget counseling for those wishing to understand their budgets better.

In order to better serve our CFAS community we now have Japanese and Spanish translators and are currently working on getting a Filipino translator. Anyone who speaks Tagalog and wishes to volunteer his or her time please contact our office at 252-3331.

To make an appointment or to find out more information please stop by or give us a call 252-3331.

We are located on the second floor of the Community and Education Building. Our hours are Monday through

No referral required

INFANT & TODDLER DEVELOPMENTAL SCREENING

Developmental information and screenings available for children birth to 35 months



Available during playgroup on the second and fourth Wednesdays of the month from 9:30 - 11 a.m. For an appointment, call EDIS Early Intervention at 252-3888, Off Base (0956) 24-6111 EXT 3888.

USS Fort McHenry transports Royal Thai Marines

JOC Melinda Larson
Cooperation Afloat Readiness and Training Task Group Public Affairs

During an exercise Cooperation Afloat Readiness and Training (CARAT) amphibious warfare assault scenario, Royal Thai Marines stormed a nearby beach July 8.

Coming ashore in two U.S. Navy Landing Craft, Air Cushioned (LCAC), the scenario was a test of “Blue/Green” versatility.

Thirty-five Royal Thai Marines embarked USS Fort McHenry (LSD 43) in preparation for the CARAT event.

CARAT is a series of bilateral training exercises with several Southeast Asian nations designed to enhance the interoperability of the respective sea services. During the Thailand phase, two LCACs from Assault Craft Unit (ACU) 5 detachment Western Pacific are assigned to the ship.

“Our job is to move from ship-to-shore and over the beach, equipment, troops and supplies,” said Chief Gas Turbine Systems Technician (Mechanical) Bill Hopseker, craftmaster for ACU 5’s LCAC 73.

The LCAC is a high-speed fully amphibious landing craft capable of carrying a 60-ton payload. LCACs operate from well-deck-equipped amphibious ships. The passengers that embarked for the CARAT training mission didn’t seem much different from their U.S. counterparts.

“The Thai Marines seem very enthusiastic to hit the beach. They’re ready to go and it’s obvious they like what they do,” noted Operations Specialist 1st Class Christopher Wyatt, LCAC 73’s navigator.

While making the 10-mile transit to the beach, the Royal Thai Marines quickly became fans of the LCAC.

“The LCACs can get on the beach, they are better for everything,” said Royal Thai Marine Lance Cpl. Samathi Paochareon. It was his first time working with the U.S. Navy.

“LCACs don’t make me sick and I don’t have to wade through water,” he added.

Royal Thai Marines are typically off-loaded near the beach by landing craft mechanized (LCM), also known as “mike” boats. After landing at Had Yao Beach, adjacent to Sattahip Naval Base, the objective for the Royal Thai Marines was to destroy a terrorist training camp and recover contraband.

Beachmasters ashore prepared the beach for the LCACs and Marines landing.

“We set up the beach for the LCACs by clearing debris and setting up navigation markers,” said Boatswains Mate 1st Class Christopher Sullivan, leading petty officer of Beachmaster Unit

1 detachment Western Pacific’s craft control team, assigned to Fort McHenry during CARAT.

CARAT Thailand is the third of the five phase annual exercise and began June 30. CARAT Singapore was conducted May 31-June 11 while CARAT Brunei took place June 21-26. Other phases this year include the Philippines and Malaysia.

The U.S. CARAT Task Group is under the leadership of Capt. Buzz Little, commander of Destroyer Squadron 1.

His staff is based in San Diego, as is USS McCampbell (DDG 85). The cutter Mellon is home ported in Seattle. USS Russell (DDG 59) and USS Salvor (ARS 52) are home ported in Pearl Harbor, Hawaii. USS Fort McHenry (LSD 42) is part of the U.S. 7th Fleet’s forward deployed naval force (FDNF) operating from Sasebo, Japan.

Royal Thai Navy ships taking part include His Thai Majesty’s Ships Phuttha Yotfa Chulalok, Taksin, Rathana Kosin, Surin, Thalang, Bangrachan, Nongsarai, along with four mine sweepers.



USS Fort McHenry (LSD 43) embarked Royal Thai Marines during Cooperation Afloat Readiness and Training (CARAT) exercises July 8. (Released by CFAS Public Affairs)

DOD announces additional anthrax, smallpox vaccinations to protect depolyed servicemembers

Bill Doughty
U.S. Naval Hospital, Yokosuka Public Affairs

The decision by the Department of Defense to protect more deployable service members, announced June 30, is seen as added protection for selected forces in the Pacific and Central Commands.

Vaccination against anthrax and smallpox provides an invisible armor against these biological weapons, according to healthcare officials.

“Smallpox and anthrax are top biological warfare threats to U.S. Troops,” according to Cmdr. Ted Carrell, director of occupational health and preventive medicine at U.S. Naval Hospital, Yokosuka.

“It’s a force protection issue.” Carrell adds, “Vaccines are second only to clean water supplies in preventing disease or infirmity,” he said.

Anthrax and smallpox vaccinations will be provided for service members who spend 15 consecutive days in a high-threat area. Carrell said that people would be notified by their chain of command if they qualify for the vaccinations, which will be provided at their military treatment facility or on-board medical department.

Not everyone needs anthrax and smallpox vaccinations at this time. According to Carrell, “If you are stationed in Japan

and not on a deployable platform, you may not need these vaccinations, given the present DoD policy.”

Recently, members of USNH Yokosuka’s Branch Medical Clinic (BMC) at Chinhae, South Korea, received anthrax and smallpox immunization training sponsored by the DoD Military Vaccination Program at HQ 18th MedCom, Youngsan Post, Korea.

Army and Navy medical teams worked and trained together, according to Chief Hospital Corpsman Jeff Diffy, of BMC Chinhae.

“Staff members received training in the proper screening of potential vaccine recipients and in the correct administration training and maximizing resources creates a favorable outcome for patients in many casualty scenarios.”

According to the Department of Defense, since 2002, more than 750,000 service members have been given vaccinations protecting them from anthrax, and more than 625,000 have been vaccinated from smallpox, a top biological warfare threat.



Profile: Liaison Officer



CFAS Marine Corps Liaison Officer
CWO2 (CWO3 Select)
Hometown/Nationality...Donora, PA (17 miles SE of Pittsburgh)

How long have you been in Japan?

One year exactly, as of July 12, 2004

What is your favorite thing about Sasebo?

The small town atmosphere and the availability of travel throughout Japan.

Are you married or single?

Yes, I’m happily married to my wife, Felicia.

Do you have any children?

I have three children; Nikesha (18), Michael II (14) and Christopher (12).

What hobbies do you have?

I enjoy playing golf. I also like Coaching, umpiring, and refereeing different sports.

Who do you consider to be your role models?

Jesus Christ, The Apostle Paul, Brig. Gen. Ron Coleman (USMC) and Secretary of State Colin Powell.

What are your personal goals?

To be the best husband and father I can be, complete my bachelor’s degree and to be selected to Limited Duty Officer(LDO).

What motivates you?

My wife and children. People who say I can’t do something.

What is the one thing you can’t stand?

People who don’t like to honor AM/PM colors and those who feel it’s a bother to stand for our national anthem prior to the movies.

If you could have dinner with three people, living or dead, who would they be?

Jesus Christ,(he is alive you know) Dr. Martin Luther King, Jr., President George W. Bush.



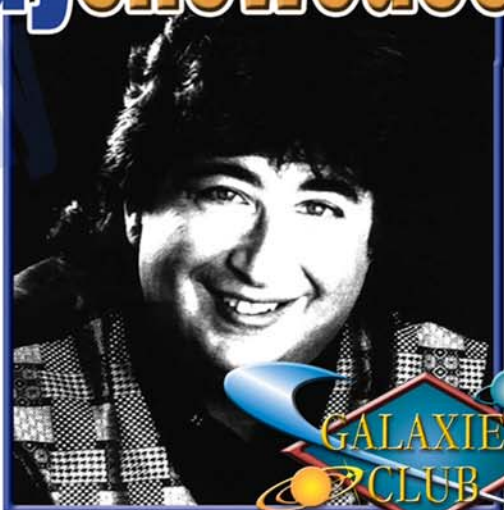
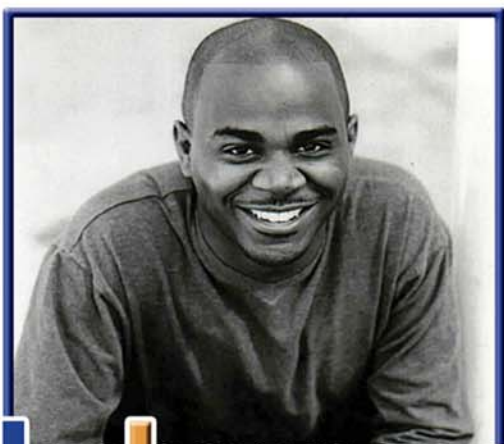
UPCOMING EVENTS & MOVIES

TUESDAY,
JULY 20

comedy showcase

JAMAL
DOMAN
&
WARREN
DURSO

8 P.M.
FREE



GALAXIES
CLUB

For more information, call 252-2980.

MA'OHILANI

Dinner Show @ Luau

Thursday, July 22

Doors open at 5 p.m. • Show begins at 6 p.m.

Adults \$14.95
Children 4 - 10 \$6.95
3 & under are free

Pre-Sale Tickets on sale now!

Authentic Hawai'i Entertainment!



To make reservations or
for more information, call 252-3965.



Movie Schedule July 16-23

FEATURED PREMIERE



Rated: PG-13

SPIDERMAN 2

Cast: Tobey Maguire
Kirsten Dunst
James Franco
Alfred Molina
Rosemary Harris

Genre: Action/Adventure

Entertaining adventure escalates and Spiderman's life becomes even more complicated when he confronts a new nemesis, the brilliant Otto Octavius, who has been reincarnated as the maniacal and multi-tentacled "Doc Ock."

SHOWBOAT THEATER

TELEPHONE: 252-3822

Movie Schedule
subject to
change without
notice.

FRIDAY, JULY 16	SATURDAY, JULY 17	SUNDAY, JULY 18	MONDAY, JULY 19	TUESDAY, JULY 20	WEDNESDAY, JULY 21	THURSDAY, JULY 22	FRIDAY, JULY 23
5 p.m. (PG-13) *Spiderman 2	2 p.m. (PG-13) Spiderman 2	2 p.m. (PG-13) 13 Going on 30	6 p.m. (PG-13) The Terminal	6 p.m. (PG-13) Envy	2 p.m. (PG) Shrek 2	6 p.m. (PG-13) Envy	5 p.m. (PG-13) *Raising Helen
8 p.m. (PG-13) *Spiderman 2	4:30 p.m. (PG-13) Spiderman 2	5:30 p.m. (PG-13) Spiderman 2	8:30 p.m. (R) Soul Plane	8:30 p.m. (PG-13) Van Helsing	6 p.m. (PG-13) Breakin' All the Rules	8:30 p.m. (PG-13) Godsend	7:30 p.m. (PG-13) *Anchorman
10:30 p.m. (R) Soul Plane	7 p.m. (R) Soul Plane	8 p.m. (R) Troy			8:30 p.m. (PG-13) Spiderman 2		9:30 p.m. (R) Day After Tomorrow
	9 p.m. (R) Troy						Midnight (PG-13) Envy
	Midnight (R) The Punisher						

HARIO VILLAGE THEATER

TELEPHONE: 252-8753

FRIDAY, JULY 16	SATURDAY, JULY 17	SUNDAY, JULY 18	MONDAY, JULY 19	TUESDAY, JULY 20	WEDNESDAY, JULY 21	THURSDAY, JULY 22	FRIDAY, JULY 23
6:30 p.m. (PG-13) Breakin' all the Rules	2 p.m. (PG) Shrek 2	2 p.m. (PG) Shrek 2			NO MOVIE SCHEDULED		6:30 p.m. (PG-13) Spiderman 2
9 p.m. (PG-13) Godsend	6:30 p.m. (PG-13) Breakin' All the Rules	6:30 p.m. (PG-13) Van Helsing					9 p.m. (PG-13) Spiderman 2
	9 p.m. (PG-13) Van Helsing					6:30 p.m. (PG-13) Breakin' All the Rules	
						No scooters, skates, skateboards, strollers or backpacks allowed in theaters.	
						No outside food or beverages.	

SOUL PLANE

Starring: Kevin Hart, Snoop Dogg, K. D. Aubert, Method Man and Gary Anthony Williams
Nashawn wins \$100 million in a legal settlement. He uses the money to start the first all-black airline, NWA, as a means to win back his girlfriend, Giselle. However, the maiden NWA flight does not go smoothly when a white family is mistakenly re-routed onto the plane.

THE PUNISHER (R)

Starring: Thomas Jane, John Travolta, Rebecca Romijn-Stamos, Laura Elena Harring and Samantha Mathis
FBI undercover agent Frank Castle witnesses the destruction of his family, and when the murderers go unpunished, he fearlessly takes the law into his own hands, unexpectedly finding redemption in the process.

GODSEND (PG-13)

Starring: Robert DeNiro, Greg Kinnear, Rebecca Romijn-Stamos, Cameron Bright and Jenny Levine
After their young son, Adam, is killed in a freak accident, a couple approaches an expert in stem cell research about bringing him back to life through an experimental cloning and regeneration process. When Adam comes back to them, he's...different. When the new Adam passes the age at which the old Adam died, strange and terrifying events start to occur.

THE TERMINAL (PG-13)

Starring: Tom Hanks, Catherine Zeta-Jones, Stanley Tucci, Chi McBride and Diego Luna
Stranded at Kennedy Airport with a passport from nowhere, Viktor Navorski, is unauthorized to actually enter the US and must improvise his days and nights in the terminal's international transit lounge until the war at home is over. As the weeks and months stretch on, Viktor finds the compressed universe of the terminal to be a richly complex world of absurdity, generosity, ambition, amusement, status, serendipity and even romance with a beautiful flight attendant named Amelia.

ENVY (PG-13)

Starring: Ben Stiller, Jack Black, Rachel Weisz, Amy Poehler and Ving Rhames
Tim and Nick are best friends, neighbors and co-workers, whose equal footing is suddenly tripped up when one of Nick's hare brained get rich quick schemes actually succeeds: Vapoorizer, a spray that literally makes dog poop evaporate into thin air. Tim, who had pooh-poohed Nick's idea and passed on an opportunity to get in on the deal, can only watch Nick's fortune and Tim's own envy grow to equally outrageous proportions.



Jamal Doman & Warren Durso Live

Two really funny guys will perform their highly polished comedy routines live at Galaxies Tuesday, July 20. Admission is free. The laughs begin at 8 p.m. Like most comedy acts at Galaxies, some material may not be suited for younger audiences. Don't forget to bring along a designated driver. Drinking and driving is a dangerous idea, so play it safe, enjoy the evening and return home safely. Call 252-2980 for more information.

Free Shirahama Beach Shuttle Bus

The Shirahama Beach Shuttle Bus makes round trips from Main Base to the popular beach every Sunday through August 29, courtesy of your MWR Department. The bus departs Main Base from the bus stop located across from the Commissary at 11 a.m., noon, 2 p.m. and 4 p.m. Return trips depart Shirahama Beach at 1 p.m., 3 p.m., 5

p.m. and 6 p.m. Children 12 & under must be accompanied by an adult. For more information, call 252-3433.

Take the Kids to Kitty Land

No matter if you're new to Sasebo or if you've been here for years, the MWR Travel & Tours Office has something going on every week for you to enjoy. Let MWR do the driving while you sit back in a comfortable bus or van and experience something unique in Japan at affordable prices. This Saturday, July 17th, you can take the kids to Kiddy Land, a fun amusement park for children 12 and under. Kitty Land features several cartoon hero figures and other attractions in a series of colorful locations such as Harmony Village, Harmony Park, Nature Zone and Carnival Square. Call Izumi, Kyoko or any of the professional staff members at the Travel & Tours Office today at 252-3433 for more

information.

Chelsea Premium Outlet Shopping Trip

A whole series of world-class brand name stores (92 and counting) just waiting for you to explore and enjoy. All seats are \$12. Call the Travel & Tours Office today at 252-3433 for more details or to reserve a seat.

No-Tap Bowling Special

Keith Reynolds and the pros at the Spare Time Recreation Bowling Center have scheduled another "No-Tap" bowling special on Friday, July 23, beginning at 6:30 p.m. Open to authorized patrons 18 years and older, the tournament includes four games of bowling. The bowler with the highest total pinfall wins the title, and the purse. It'll cost \$15 to join in the fun. Even if you don't win the tournament championship, you can still win some nice prizes. For more information, call 252-3634.

Polynesian Extravaganza... Buy your tickets now for a big Polynesian Entertainment Dinner Show at the Harbor View Club on Thursday, July 22 featuring Ma'ohi Nui. Captivating Polynesian performers will dazzle you with Island dances while you feast on a sumptuous all-you-can-eat buffet (regular Mongolian BBQ canceled for this event). Be sure to get your free Polynesian tattoo (with

oil pencils). The complete dinner show package is only \$14.95 for adults and \$6.95 for children. Call Mihoko at the Harbor View Club today at 252-3965 for more details or to make your reservations.

Mt. Fuji beckons – only 3 more trips!

The Sailing & Outdoor Adventure Center has only three more Mt. Fuji trips scheduled for this year, so you'd better hurry and make reservations now before the bus fills up. This is a once in a lifetime opportunity to conquer the monster mountain. All trips depart Friday at 3 p.m. and return on Sunday at 2 p.m. The last three scheduled dates are: Friday, July 23 – Sunday, July 25; Friday, August 13 – Sunday, August 15; and Friday, August 27 – Sunday, August 29. For more information call Walter or any member of the friendly OREC staff at 252-3500.

A Little Splash, a Little Dash . . .

The Fleet Fitness Center is hosting another famous "Splash-n-Dash" on Sunday, July 18. The action gets underway at 8:30 a.m. with a 500m swim, followed by a 4k run across base. Awards presented to the top finishers. Give the folks at the Fleet Fitness Center a call today at 252-3588 for all the details.

Living in Japan: U.S. males and their toothpicks

I can think of few things in this world that are as innocuous as a toothpick. Who would ever believe there could be a cultural diversity issue involving a 2½ inch long sliver of wood? However, many Japanese think that Americans are rude and crude in the manner we brandish and chew on these pine pacifiers.

I personally prefer an American round style of toothpick, with sharply hewn points at both ends. Upon finishing a

meal which includes corn-on-the-cob, for instance, there is absolutely nothing as refreshing as a near-surgical exploratory probing of ones canines and molars with a quality toothpick. Once we complete initial debris removal, the working end of our "pick" is usually pretty well beaten up. Wet, broken, and splintered, it loses its therapeutic value, but with just a practiced swipe of the tongue we can deftly flip it around and commence a final sweep of our mouths with the fresh end. Many of us will then stroll down the



SUPERVISORY PROGRAMS MANAGER
FLEET & FAMILY SUPPORT CENTER

street, chewing our toothpick, with the devastated end dangling from our lips, on public display.

The Japanese, and now even I, have to admit upon reading what I just wrote, think that this is repulsive. A Japanese toothpick has only one point. The opposite end is grooved in two places so you can break it off at the innermost groove and place the small piece on the table, this acts as a rest for the tip of your toothpick

when you are done using it or between uses.

Whenever they use a toothpick the Japanese will cover their mouth with their other hand, so they don't offend anyone who may witness them while they perform this act of oral hygiene. They don't do major excavation of their teeth in public either, but only dainty removal of surface debris. The Japanese will usually spend less than a few seconds removing food particles from between their teeth, after which they will retire the toothpick to its handy toothpick rest on the table and never ever leave it hanging from the corner of their mouth, like a James Dean wannabe.

Cultural norms for picking your teeth. Wow! Who would have thunk it? There is so much to learn in this big world we live in.



New Hours

USO Nimitz Park:

Monday -Thursday- 10 a.m. - 6 p.m.
Friday - Saturday- 10 a.m. - 9 p.m.
Sunday- 10 a.m. - 6 p.m.

Fleet Landing:

Monday - Friday- 9 a.m. - 4:30 p.m.
Closed Saturday and Sunday unless there is a volunteer.

USO is looking for someone that is interested in providing great customer service. Must be flexible, able to work various locations and hours. Stop by the Fleet Landing or Nimitz Park for an application.

The USO will host a charity auction July 17 at the Harbor View Club. 10 a.m. until 11:30 a.m. preview and registration. 11:30 a.m. until 6 p.m. live and silent auction will start. For more information call the USO at 252-3873.

Carpet sale at Dragon Crest July 23 - 25 Friday 3 p.m. until 6 p.m. Saturday 10 a.m. until 6 p.m. and Sunday 10 a.m. until 6 p.m.

Nimitz Park will closed July 19.

Betcha didn't know about museum items

Phil Eakins

Base Historian

There are all sorts of interesting items on display in the base Naval Museum. Let's learn a little more about a few of these artifacts from days past.

You may have noticed two copper coins sitting atop a black & white photo in the Occupation of Sasebo display case. The photo shows two 5th Marine Division members, CPL Leslie Karel and PFC Alfred Taylor, running their fingers through a stash of Chinese coins found in Sasebo on October 10, 1945.

According to a 5th Marine Division G-2 Periodic Report, 23 tons of

Chinese coins were purchased from Shanghai agencies in August 1944 and brought back to Sasebo. The coins "had more value as a metal during the war than at face value" according to Commander K. Ogasa, a paymaster of the Japanese Military Liaison Committee set up during the Occupation. It's not known what the coins ultimately were to be used for.

Dr. Roy Webster of Omak, Washington, a former member of the division's 26th Marines, donated the coins currently on display.

Another interesting item is the concrete post bearing two kanji characters displayed in one of the other cases. The kanji is read as Kaigun yochi, which translates to 'Navy site', so what you're

really looking at is an old property marker. I know of two places in the city where you can find similar markers. One is atop Mt. Yumihari and the other spot is along the road leading to the ruins of the Maedake artillery battery.

The property marker on display was found in a rice field near the grounds of the former Kawatana Naval Hospital and was donated by Mr. Hideyuki Matsuguchi of Kawatana.

If you're interested in seeing a really old property marker, the JMSDF Sail Tower Museum has one of the Sasebo Naval Station's original stone property markers on display.

Worship Services

Community Chapel, Main Base

Roman Catholic
Sun. 9 a.m., Tue.-Fri. 11:30 a.m., Sat. 5:30 p.m.
Protestant
Sun. 11 a.m.
Protestant Sunday Schools
Sun. 9:30 a.m.
Catholic Catechetical Doctrine
Sun. 10:15 a.m.
Ladies Bible Study by Beth Moore
Wed. 9:30 a.m. & 6:30 p.m.- Music room
Christian Men’s Fellowship
Every fourth Sat. of the month, 8 a.m., Fellowship Hall.

Hario Chapel

Protestant (Traditional)
Sun. 9 a.m.
Roman Catholic
Sun. noon
Episcopal
Sun. 5 p.m.
http://culdee.org
Protestant Sunday School
Sun. 9:45 a.m.
Catholic Catechetical Doctrine
Sun. 11 a.m.
Ladies Midweek Bible Study
Wed., 9 a.m.
Youth Drama Group
Sun. 1:30 p.m.

Lay Congregations

Church of Christ (CEC)
(non-instrumental), Sun. 10 a.m. at Main Base FMI 252-8122
Jewish Community
Contact Religious Ministries at 252-3380 FMI
Nichiren Daishonin’s Buddhism (SGI-USA)
Sat. 1 p.m. at the Community and Education Center (CEC). FMI 252- 8165
New Life Christian Fellowship (CEC)
Sunday School- 12:15 p.m. MB, Sunday Worship Service- 1 p.m. MB, Adult Bible Study - Fridays, 6 p.m. Hario. Prayer Meeting- Wed., 6 p.m., Hario. FMI 252-7332
Ladies Bible Study (CEC)
Tuesday 6:30 p.m.- Music Room FMI call 252-8632
Family Bible Study (Hario)
Wednesdays 7 p.m. FMI call 252-8632

Off-base Congregations

Greater Harvest Holiness Church of God in Christ
Located in Daikoku-cho. Sun. 11 a.m. FMI 090-1517-7712
Church of Jesus Christ of Latter Day Saints
Missionary- 252-8279
Lighthouse Baptist Church
Sun. 11 a.m. & 6 p.m. Wed. 7 p.m. FMI, 33-9011 or 090-8914-8319.
International Christian Assembly
Assemblies of God; Sun. 10:30 a.m. & 5:30 p.m. FMI, 28-4063.
Iglesia Ni Cristo
252-2363 During working hrs.
252-8453 After working hrs.

For more information, please contact Religious Ministries at 252-3380.

AFN-TV Schedule July 17 - July 23

The following schedule is an abbreviated schedule. For a full schedule, please log on to www.myafn.net or check AFN Channel 5.

	News	Spect.	Pac.	Atlan.	Sports
Sat. July 17	9 a.m.- News from CNN 11 a.m.-Headline News 4 p.m.- Capital Gang 6 p.m.- CNN People in the News	9 a.m.- Burt Wolfe’s Local Flavors 2 p.m.- My Best Friend’s Wedding 6 p.m.- King of the Hill 9 p.m.- M*A*S*H	9 a.m.- ESPN Great Outdoor Games 12:30 p.m.- Hour of Power 4 p.m.-MLB 9 p.m.- Rookie of the Year	1 p.m.- MLB 4 p.m.- Saturday Night Live 7:30 p.m.- American Athlete 9 p.m.- Celebration of Victory	11:30 a.m.- Great Outdoor Games 4 p.m.- IRL Auto Racing 9 p.m.- Major League Soccer 11p.m SportsCenter
Sun. July 18	9 a.m.- Late Edition w/ Wolf Blitzer 11a.m.-Fox News Live 4 p.m.- Fox Report 9 p.m.- Larry King Live	12 p.m.- Joan of Arcadia 4 p.m.-Kingsley’s Meadow 7:30 p.m.- King of Queens 9 p.m.- The Young Lions	12 p.m.-ESPN News 8 p.m.- Headline News 11 p.m.- Lilo & Stitch 11:30 p.m.- Digimon	8 a.m.- Stargate 1 p.m.- MLB 4 p.m.- Headline News 7:30 p.m.- America’s Black Forum	11:30a.m.- Tour de France 1:30 p.m.- Horse Racing 3p.m.-MLB 9 p.m.- U.S. Olympic Trials
Mon. July 19	7 a.m.- The Early Show 9 a.m.- Fox News Live 12 p.m.- Headline News 7 p.m.- The NewsHour	10 a.m.- Average Joe 1 p.m.- The New Detectives 4 p.m.- The Wild Thornberrys 8 p.m.- The Residents	11 a.m.- Desk Set 1 p.m.- ESPN News 5 p.m.- Sagwa 7 p.m.- Oprah 9 p.m.- Access Hollywood	8:30a.m.-Headline News 12 p.m.- Without a Trace 3:30 p.m.- Access Hollywood 8 p.m.- Headline News	8 a.m.- SportsCenter 1 p.m.- The Hot List 4 p.m.- MLB 10 p.m.- ESPN News
Tues. July 20	10 a.m.- Fox News Live 12 p.m.- Headline News 2 p.m.- Lester Holt Live	10 a.m.- Ed 2 p.m.- Star Wars Return of the Jedi 7 p.m.- Andromeda 10 p.m.- Jumanji	1 p.m.- Access Hollywood 1 p.m.- ESPN News 4 p.m.- Sesame Street 6 p.m.- Dr. Phil	11 a.m.- Gladiator 1: 30 p.m.- Headline News 4 p.m.- 4 Qtrs 8 p.m.- Headline News 10 p.m.- Sesame Street	8 a.m.- SportsCenter 2 p.m.- Around the Horn 4 p.m.- MLB 10 p.m.- ESPN News
Wed. July 21	10 a.m.- Fox News Live 12 p.m.- Headline News 2 p.m.- Lester Holt Live 7 p.m.- The News Hour	10 a.m.- The Amazing Race 2 p.m.- Jumanji 7 p.m.- The West Wing 10 p.m.- Inspector Morse	9 a.m.- Red Planet 1 p.m.- ESPN News 4 p.m.- Sesame Street 6 p.m.- Dr. Phil	8 a.m.- Jeopardy! 12 p.m.- Las Vegas 4 p.m.- 4 Qtrs 8 p.m.- Headline News 10 p.m.- Sesame Street	3 p.m.- SportsCenter 4 p.m.- MLB 10 p.m.- Great Outdoor Games
Thurs. July 22	9 a.m.- Fox News Live 12:30 p.m.- Inside Politics 3 p.m.- Headline News 6 p.m.- Hannity & Colmes	9 a.m.- The Simpsons 2 p.m.- Inspector Morse 6 p.m.- The Dead Zone 7p.m.- Boston Public	9 a.m.- In the Heat of the Night 4 p.m.- Sesame Street 7 p.m.- Oprah 9 p.m.- Access Hollywood	8 a.m.- Jeopardy! 1 p.m.- Headline News 4 p.m.- MLB 7 p.m.- ESPN News 9 p.m.- Headline News	8 a.m.- SportsCenter 2 p.m.- Around the Horn 10 p.m.- ESPN Outdoor Games
Fri. July 23	2 p.m.- Lester Holt Live 5 p.m.- Countdown w/ Keith Olbermann 6 p.m.- Hannity & Colmes 8 p.m.- BET Nightly News	8 a.m.- The Wild Thornberrys 2 p.m.- Buffy the Vampire Slayer 6 p.m.- While You Were Out 7 p.m.- Trading Places	3 p.m.- Clifford’s Puppy Days 4:30 p.m.- What’s New Scooby Doo? 8 p.m.- SportsCenter 9 p.m.- WWE Raw	12 p.m.- Alias 3:30 p.m.- Access Hollywood 6 p.m.- The Tiger Woods Story 11 p.m.- Rocket Power	8 a.m.- SportsCenter 12 p.m.- The Hot List 4:30 p.m.- Tour de France 11 p.m.- SportsCenter

Non-Profit Organizations

Al-Anon
090-8229-7048, 090-9602-4353
Alcoholics Anonymous
090-9602-4353, 090-8229-7048

CFAS Wardroom Association
252-3452
CPO Association
252-3521

Exceptional Sailor Program
CFAS E-4 and below, 252-3385

Filipino American Association
252-8361, 080-3228-5809

Guardian Angels
Spouse support group. 090-5945-2150

Navy League, Sasebo Council
252-3109

Nippon Lodge Number 9

252-3481
Officers’ Spouses’ Club
252-7345

Sasebo Bluejackets Association
E-1 to E-6 personnel. 252-3481
Sasebo Eagles Little League Club
<c30-dd@cfas.navy.mil>
Sasebo First Class Association
Shore Duty E-6's. 252-2181/3347

Sasebo Homeschool Support Group
252-8195, 0956-58-7875

Thrifty Treasures
252-8940

USS Essex Family Support Group
0956-32-2177
USA Girl Scouts Overseas
0956-49-5273
USO
252-3959

Community Numbers Branch Medical

Hours of Operation

Monday & Friday 8:30-11:30; 12:30 - 4 p.m.
Tuesday & Thursday 7:30-11:30; 12:30 - 4 p.m.
Wednesday 8:30-11:30
Appointment Line: 252-2550
Hario Annex Clinic: 252-8770
Online Medication Refill: <www.nhyoko.med.navy.mil>
TRICARE Health Line: 005-3111-4621
TRICARE Enrollment: 252-2572

EMERGENCY NUMBERS

On Base: 9-1-1
Off Base: 0956-23-9911
Patient Comment Line: 252-2536
Or send e-mail to: <SASOIC@nhyoko.med.navy.mil>

Branch Dental

Hours of Operation

Mon.-Tue., Thu.-Fri. 7:15 - 4 p.m.
Wed. (Hario closed) 7:15 - noon
Sick Call 7:15 - 9 a.m.
Main Base: 252-3886
252-3747
Hario: 252-8977
EMERGENCY NUMBERS
After Hours: 252-2550
252-2551
Cell: 080-5059-6754

CFAS Security

Lost and Found 252-2392
Desk Sergeant 252-3446 or 3447
Security Operations Officer 252-2371
Security Administration 252-2386

Fire Department

Business lines
Information/Dispatcher 252-3408/3518
Dispatcher 252-2144
Fire Chief 252-2147
Prevention Chief 252-2139
Training Chief 252-2149
Fire Prevention Offices
Main Base & Hario 252-2142/2163
Ordnance Area 252-2162
FISC Areas 252-2166

EMERGENCY NUMBERS

On Base: 9-1-1
Off Base: 0956-23-9911

Other numbers

Command Chaplain 252-3380
Fleet & Family Support Center 252-3604
CFAS Quarterdeck 252-3311
Navy Relief Society 252-3366
CFAS Public Affairs (Shore-based commands) 252-3409
CTF-76 Public Affairs (Sea-based commands) 252-2131
USO 252-3959
Navy Lodge 252-3608
AFN 252-3869
1575 Thunder Radio 252-1575
Command Connections 252-2290

J-Spots expansion helps CFAS Net surfers ride wireless wave

JO1(SW) Ron Inman
CFAS Public Affairs

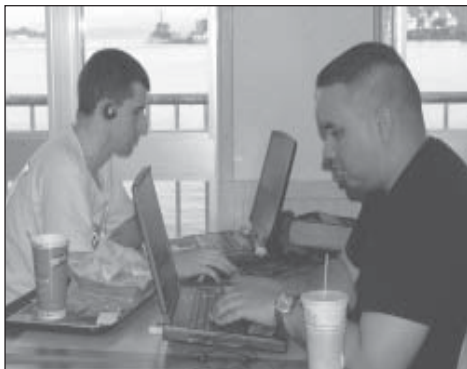
Net surfers at Fleet Activities Sasebo (CFAS) now have more options and convenience with the expansion of the J-Spots high-speed wireless Internet access system.

Introduced by Japanese Enhanced Network Systems (JENS) Corporation in November 2003 at Bayside food court, J-Spots allows laptop computer and personal desktop assistant (PDA) users with wireless capability to access the Internet without connecting to a phone line or modem, by means of wireless enabled locations, called 'J-Spots.' The service was expanded June 15 to include Bachelor Enlisted Housing (BEH) Bldg. 151, Harbor View Cafe and Liberty Center.

According to Nathalia Delos Santos, JENS Sasebo base manager, the J-Spots expansion represents a tremendous improvement in quality of life, especially to shipboard servicemembers.

"J-Spots provides those who don't have access to residential Internet with an alternative solution featuring quality at very reasonable prices," she said. "Additionally, because it is a pay-as-you-go service, military members and transient personnel on

base can get unlimited Internet access for the duration of time purchased. Family members and civilian personnel authorized to shop at Navy Exchange facilities are also



Servicemembers, use J-Spots wireless access at Bayside food court. (Official U.S. Navy photo by JO1(SW) Ron Inman)

eligible to purchase the cards."

Customers provide their own laptop or PDA with wireless capability. Most new laptops and PDAs today are wireless ready, but those who don't have wireless capability provided by local area network (LAN) cards, (also known as PCMCIA cards) can purchase them at the Fleet Exchange for about \$80.

J-Spots prepaid cards can be purchased at the JENS Personal Telecommunications Center (PTC), Bldg. 330, for \$10, \$20 or \$50, with durations of 3, 7 or 30 days. No registration fee or termination fee is charged. Cards can also be used at other locations throughout Japan, including Misawa Air Base, Yokosuka Naval Base, Atsugi Naval Air Station and the lobby of the New Sanno Hotel in Tokyo.

After ensuring wireless capability and purchasing the J-Spots card of their choice, customers go to one of the wireless-enabled locations and navigate to Internet Explorer. At that point, the website for JENS J-Spots will load and prompt the user to enter their login ID and password. Each time a card is purchased and the user logs on for the first time, they will be prompted to change their login. If they decline, the login remains the same. Delos Santos said most users choose to keep the same login for convenience.

Once logged in, the user can surf the Net at a speed of around 11 megabytes per second (Mbps), which, according to Delos Santos, is considered broadband speed. She added that service speeds vary with the number of people utilizing any given access point, but emphasized that at that speed, users can chat, download music and video, and play online games with ease.

On a recent night at Bayside food court, 15 laptop computers were present as Sailors congregated there to use J-Spots.

Electronics Technician Third Class William Kendrick and Information Technician Seaman Apprentice Adam Arnold, both stationed aboard USS Essex (LHD 2), sat at the same table but were logged on via J-Spots for different reasons – Arnold to download music, pictures, news and 'fan fics' (fiction about popular comic characters written by their fans) and Kendrick to chat online, download video clips and keep in touch with friends back home via e-mail.

"It [J-Spots] is better than aboard ship because we can download things [from the Internet] to the computer," Arnold said.

Kendrick, a user since the service debuted, also sited downloading as an advantage, and added, "I like it better. There's more freedom, I can go truly anywhere. And the speed can't be beat."

J-Spots card vending machines have been approved for installation at BEH Bldg. 151, Harbor View Cafe and Liberty Center before the end of July, and will be available in \$10 and \$20 denominations.

"Try it out," invited Delos Santos. "Come to our office and we can give you one day free access as long as you have a laptop or PDA that's wireless ready."

Darby Elementary visits Takino Elementary School



A student writes her name in kanji. (Photo taken by Randall Casasola)

Darby's summer culture fun continues. On July 2, the Darby students visited the Takino Elementary School. This small Japanese school is located in the mountain of Saga Prefecture. The Darby students learned how to write Kanji signs and their names using brush and ink. They also participated in other activities such as making paper airplanes, learning to walk using the stilts and water play in their creek. Both Takino and Darby students enjoyed the visit. Before they said goodbye to each other, the Darby students presented the calligraphy writing that they made to their Japanese friends. It was a great experience for both schools.

CFAS Religious Ministries holds Vacation Bible School

The CFAS Religious Ministries Department invites children to "Lava-Lava Island: Where Jesus' Love Flows", a Christian based Vacation Bible School (VBS) religious education program for children ages three through 12. The VBS program will run from Monday through Friday, 9a.m. until 12 p.m. daily, at the Hario Village Community & Education Center.

The program will conclude with a special potluck luau on August 20, from 6 p.m. until 8 p.m.

Our Lava-Lava Island Program will provide fun, memorable Bible-learning activities for the children. Each day will

hold opportunities to sing, play teamwork-building games, take on a daily challenge to let Jesus' love flow home, experience Bible adventures, and create Bible crafts they'll take home and play with all summer long. Participants will also join nearly a million children in North America taking part in a hands-on mission project that will reach needy children in the Caribbean and Latin America.

To volunteer to help conduct the program or for more information, please contact the Command Chaplain's office at 252 - 3380 during normal business hours.

CFAS Car Sales

Sponsored by various Command Organizations throughout the year

Public Works Parking Lot

Third weekend of every month
Friday @ 5 - 7 p.m.
Saturday @ 9 a.m. - 7 p.m.
Sunday @ 10 a.m. - 3 p.m.



10% of the vehicle purchase price goes to the sponsoring organization

Base, community announcements

Voter Registration

The Staff Judge Advocate’s Office (SJA) has a booth in the Bayside Food Court on Tuesdays and Thursdays from 11 a.m. until 1 p.m. Volunteers will provide assistance with absentee ballot registration cards.

For more information contact the SJA’s office at 252-2103/3385.

Additional information can also be found on the Federal Voting Assistance Program (FVAP) website at <www.fvap.gov>.

Voting North Carolina

North Carolina will be holding a special election for the state’s First Congressional District. Eligible North Carolina voters who have not already submitted the Federal Post Card Application to register as an overseas voter need to do so before July 13. Absentee ballots must be received by July 19 and the election will be held July 20. For more information contact the SJA’s office at 252-3385.

PSD

Effective January 1 2003, all single E-4 and below are entitled to BAH during PCS. Some personnel entitled to the back pay have not yet received it. Please contact PSD for more information at 252-3470.

University of Maryland

University of Maryland, financial aid advisor will be coming to Sasebo to visit July 22 at 10 a.m. If you would like to make an individual appointment please call 252-3299. Also, the Sasebo field office will be closed July 12 - 16. Regular office hours will resume Monday July 19 at 7:30 a.m.

Base Communications Office

Base Communications Office (BCO) activated the new Direct Inward Dialing system June 15. This system effects dialing from off base, out of Japan, a cell phone or from a Japanese pay phone. To dial into the base dial the last four digits of the number. From off base use 50 - then last four digits of the number. From the U.S. dial 011-81-956-50- then last four digits. Old numbers will continue to be in use, but BCO encourages the community to use the new numbers. For more information about the new service please call 252-3200.

NEX new hours

Effective July 15 NEX will be changing the operating hours for some of their facilities. The changes are as follows: Hario Home Store Monday - Friday 11 a.m. until 7 p.m. Saturday and Sunday 9 a.m. until 8 p.m. Hario Gas

Station Monday - Friday 1 p.m. until 7 p.m. Saturday, Sunday and Holidays 8 a.m. until 3:30 p.m. Uniform Center Monday - Saturday 10 a.m. until 6 p.m. Closed Sunday.

Summer Wrestling Camp

August 23 - 28 there will be a summer wrestling camp. The camp will be run by ten -year veteran coach Mark Schwab. This will be available to all ages, students or adults for less than \$50. This is a great chance to try wrestling and see if it’s a sport that you would like to try this season. For information or to sign up contact Coach Macri at 252-2801 or email <c400@srfsas.navy.mil>.

Used Car Sales Event

The next Used Car Sales event will be held July 17 - 18 in the Branch Medical Clinic parking lot. Sponsored by Fil - Am Association. Hours are: Friday 5 - 7 p.m., Saturday 9 a.m. - 7 p.m. and Sunday 10 a.m. - 3 p.m. Ten percent of purchase price goes to the sponsoring organization.

TVP Issuance

Temporary Vehicle Passes (TVPs) can now be issued for newly purchased Personally Owned Vehicles at the Vehicle Inspection Area by Tategami Gate. The TVPs are valid for 24 hours or until the next working day. FMI, call VRO at 252-2378 / 2377 or the Pass Office at 252-2373 / 3692.

Traffic Court

Traffic court is held every first and third Wednesday of the month at 1 p.m. at the Safety Office, located on the first deck of the Public Works building. All Active Duty personnel are required to be there in uniform. Call 252-5539 for more information.

Juneau Support Group

The USS Juneau Family Support Group meets the second Thursday of every month starting in June, at the coffee shop in Harbor View Club from 6 - 7 p.m. If you are a Juneau spouse, please join us to meet and greet one another. Kids are welcome. There will be no babysitting provided.

Essex Family Support Group

The USS Essex Family Support Group meets the third Tuesday of each month at the Community and Education Center in the Fellowship Hall at 6 p.m. Children are encouraged. Please bring a potluck dish to share. For more information call 0956-32-2177.

Harpers Ferry Spouse Support Group

The USS Harpers Ferry Spouse Support Group meets the third Friday of each month at the Harbor Cafe at 5 p.m. If you are a Harpers Ferry spouse, please join us. Kids are welcome. Have some coffee and find out what’s going on.

Fort McHenry Family Support Group

The Fort McHenry support group will be having summer fun events for their families. To kick this off there will be family bowling July 24, from 2 p.m. until 5 p.m. Bowling will be free for USS Fort McHenry families. For August we will be having a trip to Julie Platz and a pool party. For more information please call 252-8022. For these events to be successful, we need our families to participate. Please come and join us for these fun family summer activities.

Navy Marine Corps Relief Society

Navy Marine Corps Relief Society will be taking appointments for Spouse Tuition Assistance (STAP) from July 26 until August 11. STAP is a tuition aid program for spouses wishing to further their education. NMCRS covers 50% of tuition costs up to \$300. In order to obtain this aid make an appointment with NMCRS and fill out a budget. For the appointment bring a current LES, I.D. and class schedule. Office hours are Monday - Thursday 8 a.m. until 1 p.m. Call 252-3331 to make an appointment or for more information.

NEX Notes

Website Change

There is a change to the Convenience Care Website <www.newcorp.com/nexcomcc/> instruction. When entering the site put your information on the home screen. Click *continue*. When accessing the next page there is a message that states ‘If you live outside the U.S. click here’. Click this, when you get to the next screen enter information and in the message block enter text that states that your residence is outside the USA.

Seasonal Fashion Markdown

Save on summer clothing. Our seasonal progression of fashion markdown has begun and values on clearance range from 15% to 50% off regular prices. Shop early and shop often for the best selection.

NEX is Back to School

Visit the mini-mart to get ready for school. The list of supplies necessary for Darby, E.J. King and Sasebo Elementary are available. Backpacks and educational toys are located at Four Seasons. Lunch bags are available

at Fleet Exchange 2nd floor, School fashions are arriving daily at the Main Store.

Beauty Shop Products

NEX Beauty Shop is offering Sebastian® Hair Spray at \$6.99, regularly price at \$8.99 through July 31. Also available is a new line of products called Tigi Bed Head. Products to style, shine and improve your look.

New beautician at Hario

Please stop by Hario Beauty Shop and meet Kiyomi-san. Hario Shop is open Wednesday through Friday from 10 a.m. until 5 p.m. The barber is available Saturdays, 11 a.m. until 6 p.m. appointments are preferred to ensure timely service. Call 252-8853 for more information.

Fall/Winter 2004 Exchange Catalog

Exchange mail order catalog Fall/Winter 2004 will be available on July 22 at Customer Service desks for \$5. Inside you’ll find a coupon worth \$10 off your first catalog purchase of \$50 or more.



SONY
\$1,449

SONY® PGC-K23 NOTEBOOK COMPUTER.
Intel® Pentium® 4 2.80-GHz processor, 60-GB hard drive, IEEE 802.11bg, 15.4" WXGA with XBRITE™ technology (1280x800), ATI Radeon™, 512-MB memory, DVD-ROM/CD-RW combo drive, V90 modem with RJ-11 interface, 10BASE-T/100BASE-TX ethernet with RJ-45 interface, built-in stereo speakers, 3 USB 2.0 ports, lithium-ion battery. #PGC-K23



JANSPORT® "FIREWIRE" COMPUTER BACKPACK.
ShockShield™ laptop protection system, Airlift™ 2.0 strap, external water bottle and cell phone pockets, padded top-grab handle. #JP32008 \$7.99



SONY® DSC-P73 DIGITAL CAMERA.
• 4.1 megapixels
• MPEG movie mode
• 1.5" LCD
• Smart Zoom
• 3x optical/2x digital zoom
• PictBridge compatibility
• Rechargeable AA NiMH batteries
• Kit includes MSA-16A, USB and A/V cable, wrist strap, software and battery charger
• Reg. 289.99



SONY® 256-MB MEMORY STICK PRO MEDIA.
#MSX-256 79.99



SONY® NET MD™ WALKMAN® DIGITAL MUSIC PLAYER.
FM/TV/weatherband, up to 5 hours of music on mini disk, plays ATRACS, MP3, WMA, WAV, remote control with LCD display, skip-free G Protection™, headphones. #MZNFS200. Reg. 149.99
One-year replacement plan only 18.99



JVC® 20" FLAT-SCREEN TV WITH DVD.
Front and rear A/V input, head-phone jack, super command remote with TV, DVD and cable box control capabilities. #AV20FD24
Extended service plan only 29.99
While supplies last.



NEX YOUR NAVY EXCHANGE
We are your "Navy Family" store!
YOUR NAVY EXCHANGE PROFITS SUPPORT MWR PROGRAMS & SERVICES

CLASSIFIEDS

VEHICLES

(Exp. July 24) **1996 Toyota Station Wagon**, JCI '05 asking \$1,500. Call 28 1204 or email <myrca@msn.com>

(Exp. July 24) **1994 Toyota Wagon**, JCI '04 asking \$2300 Call 252-7287

(Exp. July 24) **1999 Mitsubishi RVR**, JCI '06 asking \$6000 Call Eric 252-8299

(Exp. July 24) **Eunos Van**, JCI '06 asking \$2000 Call 090 1368 6271.

(Exp. July 31) **1992 Nissan Prairie**, JCI '04 asking \$1200 obo. Call Amie 252-8521.

(Exp. Aug. 3) **1989 Toyota Master Ace**, JCI '05, asking \$1000 obo. Call 090 1971 0581.

(Exp. Aug. 3) **1992 Nissan Skyline**, JCI '06, asking \$2100. Call 252-8299.

(Exp. Aug. 3) **1994 Nissan Serena**, JCI '05, asking \$3500. Call 090 7534 4231.

(Exp. Aug. 3) **1990 Nissan 300ZX**, JCI '06, asking \$3500, available July 16. Call 252-3747 or 252-8491.

(Exp. Aug 3) **1992 Toyota van**, JCI '05, asking \$1700. Call Jeff at 252-2584 or 20 8064.

(Exp. Aug. 3) **1996 Subaru Legacy**, JCI '06 asking \$1700. Call 252-2273.

(Exp. Aug. 3) **1991 300Z T-Top Fairlady**, asking \$5700. Call 252-8455 or 090 4586 4947.

LOST AND FOUND

CFAS Security has several unclaimed lost & found items, including cell phones, keys, eyeglasses, backpacks, clothing items, jewelry, ATM cards, wristwatches, ID cards and personal items.

If you are missing any items of this type, please stop by the Security Office (next to the front gate) or call 252-2392 to claim your property.

MISCELLANEOUS

(Exp. July 24) Wanted X-Large dog carrier, airline approved. Call Cheryl 252-8629.

(Exp. July 24) Learn Japanese software and Self Study Kana workbook. \$15 for all. Call 090-1368-6271

(Exp. July 24) For sale kitchen cabinets. One unit will hold a microwave & toaster oven plus 4 additional shelves. Other unit has shelves for food/dishes. Rolling unit that fits nicely in a small space great for storing.

(Exp. July 24) Cho shelves. Asking \$125 for 3 pieces. Call 090 1368 6271.

(Exp. July 24) Self study Kana workbook and Japanese computer software. Asking \$15 for both. Call 252-8191 Canned foods. \$150 for all or I can sell individually. Call 090 1368 6271.

(Exp. July 24)AFN Satellite Dish \$40 Call Eric 252-8299.

(Exp. July 24) Satellite Dish, receiver and bracket. \$100 for all. Call 28 1204 or email < myrca@msn.com >

(Exp. July 31) Phone rights \$250. Call Anna 34-3127 or 080 5247 1775.

(Exp. July 31) Three electric heaters \$20 each or \$45 for all three. Japanese futon set \$50 each or \$90 for both. Call 090 1971 0581.

(Exp. July 31)Vagabond 42ft sailboat, ketch-rigged, center cockpit. Beautiful live-a-board and world cruiser in excellent condition. Ready to sail anywhere. Main cabin with king-sized berth, twin bunks in second cabin. Two heads with showers. Propane fireplace/heater. Large galley with three-burner propane stove, oven, microwave, and refrigeration. 85hp Ford Lehman diesel engine, watermaker, full electronics and much, much more. Currently located in Sasebo, Japan. \$120,000 For more information call 090 3882 8616 or <secondwind53@hotmail.com>.

(Exp. July 31) 25" Television \$75. Male golden hamster, comes with cage, ball, playpen, and leash. Baby backpack \$25. Playpen \$25. Call 252-8521.

(Exp. Aug. 3) Two small kerosene heaters \$20/ea or \$30 for both. Three fan-style electric heaters \$20/ea or \$45 for all 3. Call 090 1971 0581.

(Exp. Aug. 3) Sofa bed \$150, Sony MD player \$150, Refrigerator Japanese model \$100, Rice Cooker \$75, Coffee maker \$25, Vegetable steamcooker \$10, Airbed \$25, Digital exercise slider \$5. Call 25 0582 or email <anthony_segara@hotmail.com>

(Exp. Aug. 3) Feeding chair \$50, Musical mobile and baby monitor combo \$25, Bouncer \$20, Snuggli newborn soft carrier \$15, Diaper genie \$10, Infant tub \$10, Two baby walkers \$5/ea and Baby monitor \$5. Call 25-0582 or email <anthony_segara@hotmail.com>

(Exp. Aug. 3) 17" Sony color TV w/stand and VCR asking \$150. Call 252-2273.

(Exp. Aug. 3) Phone right for sale \$300. Call Alice at 252-7370.

(Exp. Aug. 3) Two parakeet birds free to good home. Call 090 3521 5962.

(Exp. Aug. 3) Maternity clothes size large five outfits \$50, Two baby gyms, walker, swing, car seat, baby backpack, jar food, baby bottles w/liners, clothing and shoes for infant boys (3 - 12 months) \$50. Girls clothes 2T - 4T \$15. Call 252-8555 or 080 3223 9162.

(Exp. Aug 3) Two Kerosene tanks w/battery pump \$25, Transformer for electronics \$100, Convection Oven \$30, Two clothes racks \$10, J-Phone prepaid w/charger no minutes \$35, Phone rights \$225. Call Katherine at 252-8536.

(Exp. Aug. 3) Altec Lansing speaker system \$55, Epson stylus printer \$50, New AK31 Socket A AMD Athlon Processor Shuttle motherboard \$65, 7 piece living room suite, Sofa, Love seat, Coffee table, End table, Sofa table, Lamp, Plant stand, call ahead to view. Call 252-8455 or 090 4586 4947.

(Exp. Aug. 3) Indoor and Outdoor plant extravaganza, a wide spectrum to choose from. July 17 from 4 p.m. until 7 p.m. 5037 & 5038 Seal Beach Court. Call 252-8455 or 090 4586 4947.

(Exp. Aug. 3) Cho ceiling lights, Shoe racks, Spices and turning rack, Knife set and Pots and pans. Call 252-8202.

(Exp. Aug. 3) Wanted, small TV stand, Trampoline, Queen or King bed frame. Call 252-8202.

HOME BUSINESS

IMPORTANT INFORMATION!

Home-based businesses require CFAS approval, and WON'T be advertised in the Sasebo Soundings without it. Applications for Command approval are available through the SJA office, Bldg 80 or call 252-2103 FMI.

P.A.W.S. Pet Rescue Organization. If anyone desires a pet, please call Shirley at 252-7158 to inquire about puppies or dogs and Itura at 252-7322 to inquire about kittens or cats. If anyone needs to find a home for a pet, please only contact us if you still have your pet after you've advertised at least two weeks in the Soundings. Donations are always welcomed and may be left at Paws and Claws with Brandi or Sandra.

New English instructor in Sasebo. Possesses Bachelor's Degree in Communications. Scheduling classes now for all age groups. Availability is limited, so call now. Hario. 080-3223-9162 or 252-8555.

Pampered Chef Consultant. Hello. My name is Florence Franks and I am a consultant in your area. BOOK YOUR SHOW TODAY and receive a gift for hosting your show, 10% discount card good for one year, bonus points for FREE Products & more... New Spring/Summer Catalog available. New Products. Call me anytime @ 080-5201-7164 or ext.7302. Thank You.

Several locals interested in meeting learning partners; you share a little English and in turn, they'll teach you Japanese.No monies exchanged.

<maori@post.cc.sasebo.ac.jp> or 31-2863.

Experienced in teaching children and adults, will provide private English lessons to single students or groups. Morning and weekend classes available. Call Gina at 252-7264 or 090 4221 9211.

Want to learn conversational English? I offer lessons in my home for individuals, groups, children or adults. Day or early evening lessons times available. Main base.Please call 252-7186 or 080 5050 6010.

American Cooking Class. Practice your English and learn to cook traditional American foods at the same time! Day and evening classes are available. Call Nina at 080 5211 0174.

Experienced Math Tutor. Does your child need some additional help learning math? Can tutor all levels (from elementary to high school). For adults, college algebra tutoring is also available. Individuals or groups are welcome. Please contact Nina via email <ninasilverman@hotmail.com> or call 080 5211 0174 to set up a lesson.

Therapeutic Massage. Relax, regain a sense of ease in your body, release stress and injury related pain. Specializing in a range of techniques tailored to your needs from deep tissue to gentle, rebalancing cranio-sacral therapy, plus pre & postnatal massage. Certified with over 18 years of experience. Convenient main base home office. Call Beth 252-7300 or 090 5725 5463.

Exerienceed in teaching English to non-native speakers. Will work with individual or group. Flexible hours. Call me at 252-8169.

French Language tutor contact Pierre at 090 3734 3509 or email <cramoisii@hotmail.com>

Stars and Stripes delivers to your on base post office box. As a service to Stripes readers, the Sunday edition of Stars and Stripes is offered seven days a week. Look for the specially designated vending machines at the following locations: Bayside Food Court, Main Base Post Office, McDonald's and the Hario Home Store. FMI, we are located in Bldg PW-47, first floor, across the hall from the Navy Legal Services Office (NLSO), or call us at 252-3890.

Need a Massage? 1 hour \$45, 1 1/2 hours \$60. 2 hours, \$80. Swedish, Deep Tissue, Foot and Facial Massage. Can pick up from Main Base. Call Sandra, Certified Massage Therapist, 090 5024 7139 or 34 5321

Pacific Pixels Photography Specializing in family, silhouette and kimono studio/outdoor photography. Also,

Just to note...

- 1) Classifieds run for three consecutive weeks. **Home Business Classifieds** run until further notice from either CFAS or advertiser.
- 2) Submission deadline for next *Sasebo Soundings Classifieds* is **Tuesday, 5 p.m. at soundings@cfas.navy.mil**
- 3) Advertisers are responsible for ensuring their ads are updated as necessary.
- 4) Home business ads are approved by CFAS through the SJA office and CSO. Ads will not be run without a copy of CSO's signed *Request to Engage in Private Employment*.
- 5) **ONLY SOFA-SPONSORED PERSONNEL MAY ADVERTISE IN SASEBO SOUNDINGS CLASSIFIEDS!**

Sasebo Soundings Editor

modeling package for Japanese modeling agency. Professional and personable; quality portraits that will give lasting memories. A time to have a relaxing time and enjoy a true professional photography experience. Photo session begins at \$35.00. Packages begin at \$45.00. Some packages include CD of photos and postcards. Call Shirley at 252-7158 or e-mail <shirley@pacificpixels.com>

Child Find is a DoD program which actively seeks to locate and identify children through the age of 21, who may need developmental or education or related services. If you think your child has a disability, call 252-3600 (EJ King School), or 252-8800 (JN Darby School).

English Language Instructor-Call for lessons at 25-6563.

Language Instructor-Japanese or English, private and group rates. Children and adult classes at your convenience. FMI call 34 7957.

Are you concerned about your child's growth, health, motor skills or development? Early Intervention Services offers services to children from birth to age 3 and their families. These services may include help with communication problems, behavioral concerns, motor skills, delayed growth & development etc. FMI, call EDIS at 252-3888.

Today's Memories by DeMauro. From portraits to parties. We cover it all, we're MD Photography. Give us a call. 252-8147. Check us out on the web at <www.mdphotography.net>

ADSL/Broadband setup and computer support; As the former USONet Manager, I can help you get started with faster internet access by setting up your ADSL or Broadband connection-set up fee is \$60. If you do not have a network card installed, no problem I can install one for you. Also, if you need computer support, I only charge \$50, for the first hour and \$25 for each additional half hour. Call Ernest Perez 252-8687 or 090 8394 6907 for an appointment.

Learn conversational English in Hario or at your home. Lessons for children, adults, individuals and groups. Call 252-8300 or 090 9604 3996.

Piano Insructor, four year degree in Music, four years experience. Children and adults welcome. Flexible schedule. Call Kristina at 252-8310 or 080 3223 8943.

HELP WANTED

These are the most up-to-date announcements made to Sasebo Soundings as of Wednesday, 12 p.m.

SASEBO ELEMENTARY & E.J. KING HIGH SCHOOL

Open-continuous Vacancy Announcements: Applications for the following open-continuous vacant positions are accepted. If you are interested in any of the positions below, please submit your application now. Our Personnel Office in Okinawa maintains the applicant files. Qualifications: Applicants must be U.S. citizen and dependents of active military or DOD civilian personnel. Please call 252-3600 (for Sasebo ES) or 252-3059 (for King HS) or drop by the schools' offices for more information. Positions: Substitute Teachers, TP-1702-AA, \$87.50/day Educational Aid (General), GS-1702-04

Educational Aid (Special Education), GS-1702-04 Educational Aid (Sure Start), GS-1702-04 Office Automation Clerk/Assistant, GS-0326-04/05 Secretary, GS-0318-05/06 School Support Clerk/Assistant, GS-0303-4/5/6/7

J.N. DARBY

ELEMENTARY SCHOOL

Open Positions for Darby Elementary School. All applicants must be a US Citizen and have SOFA status to be considered. J. N. Darby is now accepting applications for substitute teachers. Applicants **must** have a high school diploma. 15 college credit hours preferable. J.N. Qualified candidates must have a high school diploma, be a U.S. citizen, and be SOFA sponsored. Educational Aid (Special Education) GS-1702-4: Typical duties and responsibilities: Assists teachers and administrative staff by distributing testing materials, developing audio-visual tactile aids, tutoring selected pupils, supervising independent study, making field trip arrangements, or working with pupils to develop student self-helpskills.Minimum Qualification requirements: ability to cooperate with children with disabilities. Candidates should describe experience; education and /or training that demonstrates their ability to provide support services to children with disabilities in an educational environment. Include all experience gained in any capacity with disabled individuals in an educational, social, or recreational environment which provided knowledge of the specialized requirement of disabled individuals.

COMMUNITY BANK

Community Bank is looking for an energetic team player for a 20 hour teller position. If you are a hard worker and interested in the financial services industry, please contact Jamie or Kimberly at 252-3963, for more information. Prior cash handling and customer service preferred.

VODAFONE

Vodafone, Sasebo Military Division is looking for part time applicants. If interested, please send your resume to: <vodafone-sasebo@aioros.ocn.ne.jp> or contact Vodafone manager at 252-3563.

HARIO DECA

CPA is now accepting applications for deli/bakery workers. Approximately 20-25 hours per week, \$6.50/hr. Please call 252-8956.

STARS AND STRIPES

Stars and Stripes has a continuing need for newscarrriers in the Main Base and Hario Housing areas. FMI, call 252-3890 or visit us in PW-47, first floor, across the hall from the NLSO.

AMERICABLE

Americable is accepting applications for a Customer Service Representative, part time approximately 25 - 30 hours a week. Must speak English and Japanese, be able to use Excel, MSWord and other common office programs. Previous customer service skills preferable. Apply in person at Building 96 Main Base across from Navy Legal. No phone calls, please.

NAVY COLLEGE LEARNING CENTER

Part time postion available 20 hours a week, BA required. Call 252-3514.

USO

Looking for someone interested in providing great customer service! Must be flexible, able to work various locations and hours. Stop by the Fleet Landing or Nim itz Park for an application. Also, KDDI telephone service, which supports USONet, is looking for a technical representative. For more information contact the USO at 252-3959.

RELIGIOUS MINISTRIES

DEPARTMENT

Full time pianist needed for Hario Village Protestant worship services. For more information please contact CFAS Command Chaplain Office at 252-3380. (Contract position).

UMUC

Field Representative position available,duties include: Providing info & assistance to students, conducting course registration, data entry, completing textbook orders, inventories, and financial reports, providing faculty support, marketing the program within contractual limitations, working with the education center on classroom assignments and other issues. Good oral & written communication skills, strong commitment to professionalism in client service to include the students and education center, ability to maintain a task orientation and to focus on details in a dynamic enivronment, initiative, familiarity with MS office or similar software, experience in similar responsible position preferred. The representative reports directly to the area director. Application should include application form, resume, and cover letter. FMI please call 252-3299 or 225-3690.

MWR

REGULAR FULL-TIME POSITION:

Child Development Center (Hario). SSN Required
Education Aide, GSE-02, \$8.42/hr; GSE-03, \$9.18/hr; GSE-04, \$10.31/hr. Open until filled.

Sailing Center
Maintenance Worker, \$10.29/hr. Open until filled.

Theater
Theater Manager, NF-03,\$21,000 to \$55,000 per annum. Open until filled.

FLEXIBLE POSITIONS:
Youth/Teen Center (HV/MB). SSN Required
Recreation Aide, \$8.42/hr. (Teen/Pre-Teen Programs and School Age Care Programs)

Child Development Center (MB/HV). SSN Required
Education Aid, GSE-02, \$8.42/hr; GSE-03, \$9.18/hr; GSE-04 \$10.31/hr

Animal Holding Facility
Animal Care Technician, NF-02, \$8.39/hr

Bowling Center
Service Counter Attendant (Food), NF-01, \$7.50/hr
Cook, NA-04, \$9.58/hr

Sailing & Outdoor Recreation Center
Recreation Assistant (Sailing), NF-02, \$8.39/hr
Recreation Assistant (Paintball), NF-02, \$8.39/hr

Theater (Showboat/Hario)
Snack bar Clerk,NF-01, \$6/hr

Fleet Fitness Center
Recreation Aide (Gear Issue), NF-01, \$6.00/hr (Hario)
Recreation Assistant (Adult Sports), NF-02, \$8.39/hr (MB)

Galaxies
Bartender, NA-05, \$9.12/hr

Bas Assistant, NA-05, \$7.91 per hour
Cashier, NF-01, \$6/hr

Club Operations Assistant (Duty Manager), NF-02, \$8.39/hr
Cook, NA-04, \$9.58/hr

Video & Sound Equipement Technician, NA-07, \$10.29/hr

Harbor View Club
Club Operation Assistant (Duty Manager), NF-02, \$8.39/hr

Cook (Location CDC Hario), NA-04, \$9.58/hr.

Service Counter Attendant \$7.50 per hour
Open until filled.

NEX

Open Continuous Flexible Vacancies (OC'03) Main Base & Hario

Barber, NA-7603-07, \$9.78/hr
Beautician, NA-7641-07, \$9.78/hr
Sales Clerk, NF-2091-01, \$6.00/hr
Desk Clerk, NF-1176-01, \$8.00/hr

New Part Time Vacancies (Main Base)
Desk Clerk (Navy Lodge), NF-1176-01,\$8.50/hr

New Flexible Vacancies (Main Base)
Sales Clerk, NF-2091-01, \$6.00/hr, Main Store, Open until filled.

Sales Clerk, NF-2091-01, \$6.00/hr, Fleet Store, Open until filled.
Sales Clerk, NF-2091-01, \$6.00/hr, Four Seasons Store, Open until filled.

Sales Clerk, NF-2091-01, \$6.00/hr, Mini Mart, Open until filled.

Automotive Mechanic, 60% commision (Labor Only), Auto Port, open until filled.

Navy Lodge Office Clerk, NF-6145-01,\$8.00/hr
Navy Lodge Deks Clerk, NF-1176-01,\$8.00/hr

Customer Service Clerk, NF-2091-01,\$6.20/hr
Food Service Worker, NA-7408-02,\$7.01/hr, King School Cafeteria, Open until filled.

Lead Sales Clerk, NF-2091-01,\$6.20/hr, Fleet Store, Open until filled.

HRO

Store Worker (WG-6914-04) DECA, Sasebo, Open Continuous Position

Store Worker(WG-6914-04) DECA, Hario, Open Continuous Position

Sales Store Checker (GS-2091-03), DeCA, Sasebo, Open Continuous Position

Sales Store Checker (GS-2091-03) DeCA, Hario, Open Continuous Position

Education Aid/Technician(GS-1702-02/03/04) MWR, Main Base Open: 1/20/04 Close: 12/17/04 Open Continuous Position

Education Aid/Technician(GS-1702-02/03/04) MWR, Hario Open: 1/20/04 Close: 12/17/04 Open Continuous Position

Recreation Aid(Lifeguard)(GS-189-02), MWR, Main Base. Close: Open until filled

Recreation Aid(Lifeguard)(GS-189-02), MWR, Hario Close: Open until filled

Education Aid/Technician(GS-1702-02/03/04), MWR, Hario Open: 3/10/04 1st C/O: 3/24/04 Close: Open until filled. Temporary Position

Production Controller (GS-1152-09), SRF, Open until filled.

Child Development Center Director (GS-1701-09), Open until filled.

Recreation Specialist (Youth Activities)(GS-188-07), Close: Open until filled.

Library Aid (GS-1411-03), MWR, Close: Open until filled.

Recreation Assistant (GS-189-04), MWR, Open: 6/14/04 1st C/O: 6/28/04 Close: Open until filled.

Equipment Specialist (GS-1670-09), SRF Open: 7/06/04 1st C/O: 7/20/04 Close: Open until filled.

Deadline for submissions is Tuesday close of business. The best way to get your ad in the paper is through email. For more information contact:

Sasebo Soundings
PSC 476 Box 93
252-3409.
soundings@cfas.navy.mil

MWR Athletics
252-3588

SASEBO SPORTS

Sasebo Sports
Report
252-2290

Quick tips on handling the flagstick

Golf Tips:

As one pro learned the hard way this year, the flagstick has its own Rules. You don't need to memorize *Rule 17: The Flagstick*, to avoid being flagged for a penalty. Just remember the basics:

Before making any shot, on or off the green, you can ask the flagstick to be removed, raised or tended to indicate the hole location. When tending, rest the flagstick on the bottom of the hole before the putt is struck to prevent sticking at the crucial moment. If you accidentally yank out the liner along with the flagstick and deflect the ball, the player plays it as it lies *as long as the liner was not in motion*. If the liner was moving the player replays the stroke. We kid you not.

It's legal to pull the flagstick as soon as the ball is en route to the hole-as long as you're already tending it. If you are not, steer

clear until the ball stops. The Rules say that if you approach or touch a flagstick you were not authorized to tend, the mere chance that you could alter the ball's course, say by accidentally hitting it with the flagstick or your feet, can mean a two-stroke penalty in stroke or loss of hole in match play. (The Committee makes this decision.)

The same penalties apply when a ball played from the green hits the stick. At this year's Dubai Desert Classic, European Tour pro Phillip Price didn't see his caddie walking away from the flag without pulling it. Price's eagle putt hit the stick and fell in for a par that included a two-stroke penalty. (The penalty is also two strokes if a ball strikes a person tending a flag.)

What to do if your ball is resting against the flagstick? Pull the flagstick carefully. If the ball goes in, it's considered holed. If not, place it without penalty on the edge of the hole.



The Kamikaze Squirrels' pitch to the Iron Gators at monday nights softball league game. The Squirrels beat the Iron Gators 14 - 12. (Official U.S. Navy photo by JOSA Jeff Johnstone.)



A player for The Squad looks to nail one into the dead zone as Fire A-B's second baseman gets set to field during softball action Monday night at Nimitz Park. The Squad toppled Fire A-B 12-1. (Official U.S. Navy photo by JOSA Jeff Johnstone)

Fitness Tip: Rest to make gains

Alec Culpepper
MWR Fitness and Aquatics director

It's a vital part of the whole workout equation. If you don't rest enough, your workouts will be counter productive and you won't get the results you're after. It's just as important if you're engaging in intense cardiovascular workouts, you need to make sure you're getting adequate rest — remember, your heart is a muscle too. How much exercise is too much? It's difficult to find specific guidelines, but a good rule of thumb is to take at least one day off per week. It's not uncommon to come back stronger after a short layoff because your muscles will have had plenty of time to rebuild and repair. It's important to listen to your body and honor what it is telling you.

Sports results, upcoming events:

Splash-n-Dash Biathlon:
Sunday, July 18, 8:30a.m. Main Base Pool. Event will begin in the pool with a 500m swim followed by a 4K jaunt across base. Entries due to the Fleet Gym Office by July 14.

Poker Fun Run 5K:
Friday, July 30, 5:30 p.m. at the FFC. Entries Due: Wednesday, July 28 Cards will be dealt & the best poker hands will prevail.

Prediction 5K Fun Run:
Saturday, August 21. Run starts at 9 a.m. in Nimitz Park. Enjoy this 5K run where the winner isn't the fastest time, but the runner who is closest to their predicted time! Watches not allowed! Entries Due: Wednesday, August 18.

Admiral Nimitz Golf Classic:
First Tee Time is at 7:30 a.m.

Saturday, August 7, Tsukumo Golf Course. This tournament is a four person scramble, peoria handicapped. Register as early as possible to guarantee a spot. Please contact the Fleet Fitness Center to determine green fees for this tournament. A \$5 fee is required at the time of registration. Entries are due no later than Aug 3.

Strongest Man/Woman Competition:
Friday, August 13, 5 p.m. at the FFC. Entries are due to the FFC office by Tuesday, August 10. Awards will be given to the top 3 finishers. Competition will consist of various strength activities. FMI: 252-3588

Dog Days Late Night Sand Volleyball Madness:
Saturday, August 14, Nimitz Park, 8 p.m. until Midnight. Come on out and enjoy the night competition. 4 on 4 Volleyball.

Sasebo Sports Standings

Spring Softball (as of July 13):					
Rank	Team	Win	Loss	.PCT	Forfeits
1	Fire Dreams	21	3	0.875	0
2	Bone Crushers	17	5	0.773	0
3	Essex	10	3	0.769	1
4	Hitmen	14	5	0.737	0
5	Dragons	12	6	0.667	0
6	Pumpers	16	9	0.640	0
7	Patriot	13	8	0.619	0
8	Snipes	5	4	0.556	0
9	Fort McHenry	3	4	0.429	0
10	Fire A-B	9	17	0.346	0
11	Kamikaze Squirrels	4	9	0.308	0
12	The Squad	4	9	0.273	0
13	Shooters	3	8	0.182	1
14	Iron Gators	2	9	0.071	0
15	A- Star	1	13	0.000	0
16	Guardian	0	12	0.000	0
17	NMBC-5		10	0.000	2
Spring Basketball (as of July 14):					
Rank	Team	Win	Loss	.PCT	Forfeits
1	Young Gunz	11	4	0.733	0
2	Juneau	11	2	0.846	0
3	Hitmen	10	12	0.455	0
4	Patriot	9	10	0.474	0
5	Showtime	6	7	0.462	0
6	Wolf Pack	5	5	0.500	0
7	Harper's Ferry	4	0	1.000	0
8	Guardian	1	19	0.050	0